



Not Forgotten Home and Community Activities

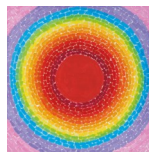
January, February, March 2023



Three Forget-Me-Not locations!

1. Studio Forget-Me-Not!—101 W. Main Street, Carnegie, PA

- **Wednesday ART with Laura** —\$10 a session, \$40 for each month
10 am to 12 noon—Join us each Wednesday to build your art skills, learn some creative concepts, art elements and a bit of art history. Plus you will learn to create fun expressive art to keep or show in our store.
- **Wednesday, Hand building Ceramics with Laura** —\$10 a session, \$40 for each month
3 pm to 5 pm—Join us each Wednesday afternoon for fun and exciting ceramic projects. Come and build animals, bowls, magnets, necklaces, and so much more!
- **Friday ART with Kirsten**—\$10 a session, \$40 for each month
10 am to 12 noon—Join us each Friday to build your art skills, learn some creative concepts, art elements and a bit of art history. Plus you will learn to create fun expressive art to keep or show in our store.
- **Friday ART EVOLVE**—3pm to 5pm —Are you interested in becoming a marketable artists? Apprentice with us and learn the skills needed to market and sell your work. Creating art is only one part of being an artist. Each week, you will learn ways to make your art more marketable while we utilize our Gallery to do it! **We are seeking enthusiastic individuals who wish to evolve their work. It is a requirement to sign up for this art class- \$40 per month**



2. Gallery Forget-Me-Not!—31 E. Main St. Carnegie, PA

- **NEW WINTER HOURS**—The gallery will be closed for the month of January while we regroup and prepare for Spring. Our February and March hours are: Monday—Closed, Tuesday—Closed, Wednesday—12pm to 5pm, Thursday—12 pm to 5pm, Friday—12pm to 5pm— Weekend hours will start in April
- **Public Workshop—Yowza Owlza** - Sunday, January 28th—2pm—Enjoy some refreshments and create upcycled owls with us. This is a hoot of a workshop located at our Gallery (31 E. Main Street) to benefit NFHCS and Pet Search Rescue.

Come and create upcycled owls out of scraps of wood, nails, old bottle caps and more. Learn creative techniques to make your owl fun and imaginative. **The workshop is \$25 and includes all supplies and snacks.**

- **Public Workshop—Gnome Shenanigans on Canvas** - Sunday, March 12th—2pm—Enjoy a paint-n-sip with us while you create a gnome painting. This is an adult workshop located at our Gallery (31 E. Main Street), Carnegie, PA. Proceeds go to our “Gift of Art” fund. A fund that helps subsidize art classes for qualifying participants. **The workshop is \$35 and includes wine, supplies, and snacks.**

3. Club Forget-Me-Not! EAST- 500 Garden City Dr. Monroeville, PA

THE CLUB IS BACK!

Club Forget-Me-Not is back with Katie and you are going to love it! We will be open Tuesday through Friday of each week starting **January 17th!** A monthly membership is \$35 or \$5 for each activity. **January 17 through 31 is FREE!**

- **Tuesdays**
10am to 12noon—**Art/Sculpture**—Join us each week at we explore and create a variety of art projects.
12pm to 2:30—Club House hangout—Do you like to socialize with friends. Join us to play games, watch movies and have fun.
- **Wednesdays**
10am to 12noon—**Cooking without Fire!** We will learn about what it means to ferment, the benefit of fermenting and make some pickled items to take home.
12pm to 2:30—Club House hangout—Do you like to socialize with friends. Join us to play games, watch movies and have fun.
- **Thursdays**
10am to 12noon—**Book Club—Bookhead Storymouth Club!**
12pm to 2:30—Club House hangout—Do you like to socialize with friends. Join us to play games, watch movies and have fun.
- **Fridays**
10am to 12noon—**Volunteer Club**
12pm to 2:30—Club House hangout—Do you like to socialize with friends. Join us to play games, watch movies and have fun.



Club Forget-Me-Not Continued

⇒ Winter Work it Out Dance as part of Don't Forget Ur Fabulous—In Person with DJ Sarah Sims

Sunday, January 29th, 2022 2pm to 4pm

Join DJ Sims and MaryAnn at Club Forget-Me-Not! East
500 Garden City Drive Monroeville, Pa 15146



NF Sponsored fun— various locations!

Don't Forget Ur Fabulous—fitness and wellness

Get Healthy with DON'T FORGET Ur FABULOUS! - athletics, dance, yoga, and more.

Monthly Membership—\$35 per month (includes zoom and in-person exercise and coaching). Not sure about a membership commitment, consider doing some of our classes individually. For a small fee you can try out any of our Zoom activities.

DFUrF Weekly Class Schedule:

DFUrF Group Coaching

⇒ Tuesday at 4pm, via zoom

DFUrF Eruption Athletics

⇒ Tuesday at 7pm, via zoom

⇒ Thursday at 7pm, via zoom

⇒ Friday at 3:00pm, live at Baierl YMCA

Work it Out! Freestyle Dance with DJ Simms

⇒ Wednesday at 7pm, via zoom

DFUrF Zumba with MaryAnn

⇒ Friday at 12pm, live at Baierl YMCA (Starting February 3rd)

Fabulous Yoga with Brytta

⇒ Sunday at 10am, via zoom



C-ART and Fabulous movement at The Baierl Family YMCA

Located at 2565 Nicholson Rd, Sewickley, PA 15143

- **Friday DFUrF Zumba—12 to 1pm**
- **Friday ART with Kristen—1:00 pm to 3:00 pm—C-ART - donation based**

Join us each Friday to build your art skills, learn some creative concepts art elements, and a bit of art history. Plus you will learn to create fun expressive art to keep!

- **Friday Exercise as part of DFUrF—Don't Forget Ur Fabulous - 3:00pm to 4:00 pm— Don't Forget Ur Fabulous— ATHLETICS! - donation based—**Join us for creative movement classes that will help your mind, body, and soul! Eruption Athletics-trained teachers will bring you adaptive exercise, movement, and so much more. Reach your 2023 goals with us!



Walk with us at the Ross Park Mall—3pm (as part of DFUrF)

Even though the weather is cold, there is always space at the mall to walk. Get your steps in and join us every 4th Monday. Contact MaryAnn for more information
Mary Ann Ndwanyi <mndwanyi@nfhcs.org>

⇒ **Monday, Jan 23rd, Monday, February 27th, Monday, March 27th**

Birthday Karaoke is back! - Free for those who have a birthday in the scheduled month, \$5 for other participants

Join us each month for Birthday Karaoke! We will celebrate the birthdays of the current month. Expect a good time! Located at the Bridgeville Fire Department—370

Commercial St, Bridgeville, PA 15017

Monday, January 23rd—6pm to 8pm

Monday, February 20th—6pm to 8pm

Monday, March 20th—6pm to 8pm

The Happy Club —Free! - Join Shane and Laura on select Mondays at Starbucks in Wexford—11354 Perry Hwy, Wexford, PA 15090—1 to 2pm
The Happy Club is a social club. We sometimes play games and do basic crafts. Most of the time, we visit and enjoy each others company. We occasionally meet at the movies and other locations.

Please email Shane if you wish to attend at:
shanedogg1986@gmail.com

Monday, January 23, Monday, February 27, Monday, March 27



More Winter Ideas

Many of our local movie theaters offer reduced or free options for staff and caregivers. You must show your I.D. badge. If in doubt, call your local theatre and ask.

Ask about Matinee schedules and pricing. Here are a few local options:

- Phoenix Theatre in Bridgeville has a Tuesday Matinee for \$5 for individuals and free to caregivers/staff with an I.D. badge.
- Cinemark Theatres—All Cinemark Theatres offer discounts on most Tuesdays. Prices vary so be sure to call ahead. Free to staff with ID badge.
- Carnegie Museums of Art and Natural History, Carnegie Science Center, and The Andy Warhol Museum—If you have an access card, you can be admitted in museum for a \$2. Staff can get into most museums free with an I.D. badge.

Share your talents!

We are so lucky that at NFHCS we have many talented employees.

If you wish to share a talent by organizing an activity or if you are interested in submitting creative ideas for our newsletter please reach out—lstuart@nfhcs.org



Support NFHCS through AmazonSmile

AmazonSmile is a simple way for you to support your favorite charitable organization every time you shop, at no cost to you. AmazonSmile is available at smile.amazon.com



on your web browser and can be activated in the Amazon Shopping app for iOS and Android phones. When you shop, you'll find the exact same low prices, vast selection and convenient shopping experience as Amazon.com, with the added benefit that AmazonSmile will donate 0.5% of your eligible purchases to the charitable organization of your choice. You can choose from over one million organizations to support.

To sign up for activities, please go to our website at nfhcs.org.

- **IMPORTANT—PLEASE SIGN UP FOR ALL ACTIVITIES AT LEAST 24 HOURS IN ADVANCE!**
- **If an activity falls on a Monday, please sign up by the Friday prior!**
- **This schedule is subject to change. Activities may be cancelled due to lack of attendance or inclement weather, please be sure to sign up so that we can notify you of such changes.**

